

LiFEsports Annual Review 2017-2018



More than camp. More than sports. **LiFE.**

LiFEsports™

at The Ohio State University®

LiFE*sports*TM

at The Ohio State University[®]



Welcome to LiFEsports

LiFEsports was founded on the belief that all youth deserve the opportunity to engage with caring adults in intentionally designed sport- and recreation-based activities. Each year the LiFEsports Initiative continues to deepen its impact through service and outreach, teaching and learning and research. The year of 2017-18 was no different. This year, LiFEsports provided programming to over 1,400 youth, prepared over 130 students to be the next generation of leaders in the field of youth development, and continued to disseminate research on best practices in sports-based positive youth development. Highlights from this year include a new partnership with OSU Extension, award winning student research presented at the OSU Denman Undergraduate Research Forum, and our largest Youth Leadership Academy (YLA) to date. As we reflect on the accomplishments of LiFEsports over the past year, we invite you to share in our continued efforts to create a positive impact in the Columbus community and beyond.

Sincerely,

Jerome Davis, PhD
Executive Director – Service & Outreach



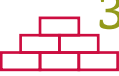
Dawn Anderson-Butcher, PhD, LISW-S
Executive Director – Teaching & Learning and Research

Rebecca Wade-Mdivanian, MSW, LISW-S
Director of Operations

The year of 2017-18 welcomed a decade of LiFEsports on the OSU campus. The annual review provides highlights from this successful year. First, an at a glance.

The LiFEsports Initiative at a Glance

The LiFEsports Initiative is a sport-based positive youth development initiative at The Ohio State University (OSU). LiFEsports aims to enhance the quality of youth development, sport, and recreational programs and thereby increase positive outcomes. We expand our reach through three pillars, Service & Outreach, Teaching & Learning, and Research. To achieve our overall goal, LiFEsports has three main priorities:

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1 Increase the number and quality of sport and recreation programs designed to promote outcomes among youth, especially those from vulnerable circumstances.
- 
2 Increase the number of highly-skilled youth development professionals.
- 
3 Build knowledge and best practices in the areas of youth development, youth sport, social work, and physical activity.

For the last decade, LiFEsports has continued to grow and address the needs of the community's youth and their families. Through our Service & Outreach in 2017-18, LiFEsports directly served over 663 youth through the LiFEsports Summer Camp, the LiFEsports Clinics, and our YLA. Through licensing afterschool programs, an additional 700 youth participated in LiFEsports in partnership with non-profit organizations (such as After-School All-Stars Ohio and the YMCA of Central Ohio) and schools in Columbus, Pickerington, Toledo, and Dayton. LiFEsports continues to offer innovative university coursework and student internship opportunities as ways to increase the number of highly skilled youth development professionals entering the field. The 2017-2018 year also saw great developments in the LiFEsports Research area. Several works were disseminated

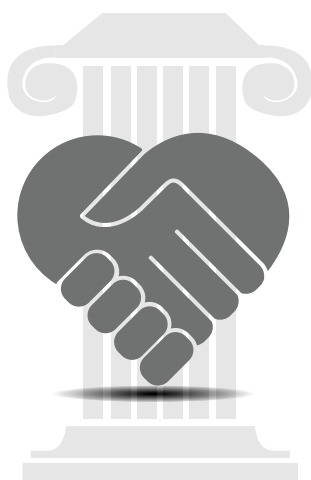


nationally and internationally in efforts to forward the work of positive youth development, and students were involved in multiple research activities. In fact, one student completed her master's thesis exploring the experiences of girls at LiFEsports, and another presented an award-winning poster at the Denman Undergraduate Research Forum. By building knowledge and best practices, LiFEsports remains at the forefront of sport-based youth development research and practice.

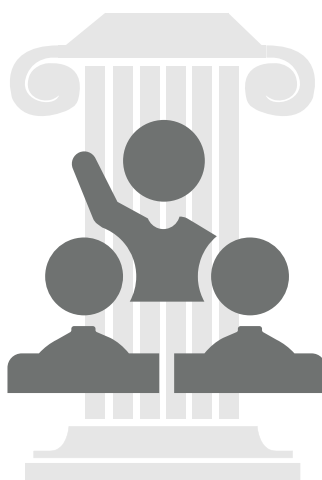
Additionally, LiFEsports forged a strategic partnership with OSU Extension, thereby enhancing its internal infrastructure and setting the stage for the long-term sustainability of the Initiative. We are excited about this partnership and our overall next steps. We also are building relationships with local Columbus leaders and strategizing about how to reach more youth in the Central Ohio area.

Throughout this brief annual review, more specific achievements from 2017-2018 will be highlighted. Our success is dependent on the hard work of the youth involved in our programs, the support of their families, and our many community and university partners who volunteer their time, commit resources, and provide additional supports and programming. We want to recognize the contributions of these various stakeholders. LiFEsports thrives because of the engagement of many.

Service & Outreach



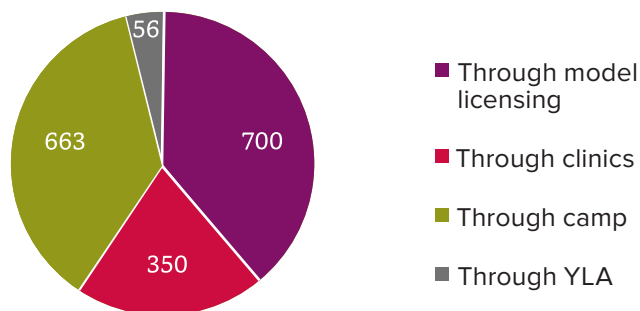
Teaching & Learning



Research



Number of Youth Reached



SERVICE & OUTREACH HIGHLIGHTS

At the heart of LiFEsports is Service & Outreach, which features programs such as the LiFEsports Summer Camp, the LiFEsports Clinics, and the YLA. Diversity in program opportunities helps LiFEsports reach over 1,400 youth each year.

LiFEsports Summer Camp

The main program of LiFEsports is the annual LiFEsports Summer Camp. The LiFEsports Summer Camp aims to foster social competence among youth of color and/or living in poverty ages 9-14 through their involvement in sport, fitness, and education activities. Our camp engaged 663 youth in the 4-week social skill and sport education program. Each sport-and play-based education session at the LiFEsports Summer Camp are grounded in specifically designed LiFEsports Model and Social Competence Curricula. LiFEsports focuses on four main social skills: Self-Control, Effort, Teamwork, and Social Responsibility. These skills together are known as S.E.T.S. In addition to social skills growth, the LiFEsports Summer Camp aims to foster the development physical fitness and adoption of healthy lifestyle behaviors.

Many youth come back to the LiFEsports Summer Camp year after year. In fact, 47.2% of participants this year were returners from a previous year's camp. The majority of youth

TABLE 1

Demographics	Percentage
Previous Participation in LiFEsports Summer Camp	
Yes	47.2%
No	52.8%
Race	
Black or African American	80.8%
Biracial	10.9%
White	2.6%
Gender	
Male	58.5%
Female	41.5%
Poverty Line	
Live within 100% of the poverty line	31.5%
Live within 200% of the poverty line	68.5%

were African American (80.8%), male (58.5%), an average of 11.6 years old (with a range of 9 to 15 years old), and amongst youth living below 200% of the poverty line (68.5%). Youth perceptions of their social competence and SETS grew from pre-to-post camp involvement. Youth report using their newly learned social skills in other settings. For example, 75.2% said they use S.E.T.S. in their school, home or community. To assess changes in physical fitness at the LiFEsports Summer Camp, youth VO₂ max were calculated and increased significantly over the course of the camp. Youth perceptions of healthy lifestyles matched their physical changes, as overall means on variables such as positive healthy eating increased.

LiFEsports Clinics

We offered programming for youth throughout the academic year through our partnerships with OSU Varsity Athletic Teams such as Women's Gymnastics and Volleyball. Additionally, LiFEsports partnered with several Club Sports and other organizations such as Local Matters and the NCAA Women's Final Four. Youth love coming to our year-long clinics. In fact, approximately 53% of youth who have attended the LiFEsports Summer Camp also attended at least 1 of our 9 Clinics in 2017-2018. Moreover, 48% of campers participated in three or more Clinics and were eligible for early registration for Camp due to their engagement.

Youth Leadership Academy

The YLA is a college and career readiness and leadership program designed for high school aged youth who were previous participants in the LiFEsports Summer Camp. During 2017-2018, the program saw continued growth and development with the addition of a new 4th year cohort. During this year there were 56 YLA participants.



"Being a part of YLA has honestly changed me as a person. I'm no longer the shy, quirky girl they met in fall of 2014. I was able to gain some tips on how to survive high school, prepare for college, as well as be comfortable in my skin and meet people my age. The staff is super caring and supportive! They will always be my hilarious extended family and be with me wherever I go in life."

-Kerrington Latham, Youth Leader

The YLA met monthly during September through May, and provided the youth with opportunities to learn about the college application processes, financial literacy, time management, leadership, and civic engagement. Additionally, the YLA offered participants an opportunity to visit other universities in the state of Ohio. This year youth involved in the YLA visited the University of Toledo and Bowling Green State University. Through their campus visits, YLA participants

were able to see firsthand what college life was like, as well as gain insights about future professional careers. Some youth involved in the YLA also were provided one-on-one mentoring from one of our 18 adult volunteers, and received ongoing supports focused on getting them college and career ready.

LiFEsports Model in the Community

In partnership with After-School All-Stars Ohio, Pickerington Local Schools, and the YMCA of Central Ohio, the LiFEsports model was implemented in seven before- and after-school programs during 2017-2018. Staff in these programs were trained in the LiFEsports model and implemented the curricula to teach youth social skills through sport. Thanks to these partnerships, LiFEsports was able to reach an additional 700 youth. Community-based programming done in partnership with others allows us to expand our reach throughout Central Ohio.

TEACHING & LEARNING HIGHLIGHTS

LiFEsports places an emphasis on preparing highly skilled youth development professionals. To accomplish this goal, LiFEsports offers innovative university coursework, applied internships and field practicum experiences, and a variety of volunteer opportunities for students and professionals. LiFEsports also provided several opportunities throughout the year for undergraduate and graduate level students through applied internships and field practicum experiences. During the 2017-2018 academic year, over 85 undergraduate students were enrolled in the “Prevention and Youth Development through Sport, Recreation, and Play” (SWK 2110) course. In addition to courses, LiFEsports provided a field practicum site for students in undergraduate and graduate study of Social Work. Together, field students completed over 770 service hours.

During 2017, LiFEsports Summer Camp employed over 50 students from 14 different universities and colleges throughout the United States, with 12 students fulfilling internship or field practicum requirements. Additionally, LiFEsports engaged over 150 student and community volunteers (including 69 OSU student-athletes) at our LiFEsports Clinics. We rely on the efforts of volunteers as we extend our reach.

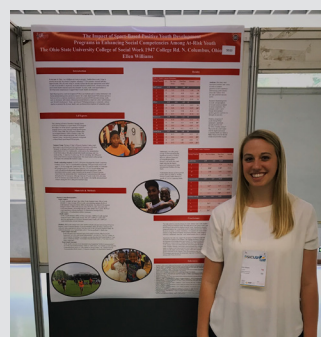
RESEARCH HIGHLIGHTS

To best serve the needs of the community’s youth, LiFEsports takes a translational approach to research. In fact, the LiFEsports Model and Social Competence Curricula are developed from evidence-based research conducted each year during the LiFEsports Summer Camp and other programs. From the research conducted at LiFEsports, knowledge about best practices in positive youth development through sport has been developed and disseminated to inform program models, staff practices, and sport programming each year at LiFEsports and throughout the world.

Additionally, the 2017-2018 year saw great developments in the LiFEsports Research area, with national and international presentations delivered at conferences such as Society for Social Work and Research, the North American Society for



the Psychology of Sport and Physical Activity, Simpósio Internacional de Iniciação Científica e Tecnológica da Universidade de São Paulo Conference in São Paulo, Brazil and Association Internationale des Écoles Supérieures d’Éducation Physique. Research manuscripts also were published in journals such as *Children and Youth Services Review* and the *Applied Developmental Science*. By building knowledge and best practices in youth development, LiFEsports remains at the forefront of sport-based youth development research.



“I think that LiFEsports plays such a unique role in the context of our individual youth’s lives, as well as in their families, neighborhoods, schools, and communities. In the context of LiFEsports, “teaching and learning” and “research” to me means educating kids and families about social and emotional

well-being and providing opportunities for them to practice. LiFEsports plays an active role in educating and coaching individuals, stakeholders, and community members about barriers or risk factors that youth and families may face as well as the ways in which sport-based PYD programs can help combat this.”

-Ellen Williams, Student

In Conclusion

Throughout the 2017-2018 year, LiFEsports continued to grow and make progress towards positively impacting the quality of youth development, sport and recreational programming, and ultimately improving outcomes for youth. The accomplishments of LiFEsports reflect the hard work of youth, the support from families, the involvement of our LiFEsports team, and the collaboration with our many community and university partners. Those of you involved in LiFEsports, thank you for your contributions. Newcomers, please join us by volunteering your time, helping with programming, and/or donating at osulifesports.org/donate/. To learn more about LiFEsports, please visit our website at lifesports.osu.edu. Cheers to another great year!

Partner Organizations

Community Partners

ADAMH Board of Franklin County
Aetna, Inc.
After-School All-Stars Ohio
ALL THAT
Boys and Girls Club of Columbus
Camp Mary Orton
Cardinal Health
Columbus City Schools
Columbus Recreation and Parks

Fifth Third Bank
Greater Columbus Arts Council
Huntington National Bank
I Know I Can
Illinois State University
Local Matters
Michigan State University
Mid-Ohio Food Bank
Mount Carmel Health Systems

Nationwide Children's Hospital
Ohio Child Care Resource and Referral Association (OCCRA)
Ohio Department of Education
Pickerington Local Schools
Pitney Bowes Presort Services
YMCA of Central Ohio
Youth to Youth International

University Contributors

College of Arts and Sciences
College of Dentistry
College of Education and Human Ecology
College of Food, Agricultural, and Environmental Sciences
College of Nursing
College of Optometry

College of Public Health
College of Social Work
Department of Athletics
Department of Physical Medicine and Rehabilitation
Department of Recreational Sports
Facilities Operations and Development

OSU Extension
Office of Outreach & Engagement
Office of Student Life
The Sports and Society Initiative
Student Athlete Support Services Office
Wexner Medical Center

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Ohio Child Care Resource and Referral Association

Zach Boren
Vice President
Boren Brothers

Michael Childs
Vice President, Community Development Director
United Midwest Savings Bank

Kristi Daiker
Vice President, Merger Integration Strategy & Corporate Development
Cardinal Health

Darrel Fletcher
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Huntington National Bank

Julie Fox
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The Ohio State University Student Athlete Support Service Office

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OSU College of Social Work

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Wells Fargo Advisors, LLC

Gene Smith
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OSU Department of Athletics

David L. VanSlyke
Partner
Plunkett Cooney

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July 2017 to June 2018

LiFEsports Benefactor (\$25,000+)



CardinalHealth



LiFEsports Champion (\$10,000 - \$24,999)

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Mount Carmel Health Systems

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LiFEsports Defender (\$1,000 - \$9,999)

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Susan & Michael Hedrick
Jonathan & Melissa Kass
Thomas Katzenmeyer
Deborah Pfeiffer
Jacquelyn Meshelemiah
Plunkett Cooney
Thomas Stemmer
David Slates

LiFEsports Friend (\$500 - \$999)

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CBC Charities
Darrell & Julie Fletcher
Bernadette Melnyk
David & Sara Van Slyke

LiFEsports Fan (\$50 - \$499)

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Julie Anstine
Audrey & Frank Begun
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Thomasina Browder-Long
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Jada Smith
Scott Sobotka
Karen Stobart
Stephanie Szymanski
Tigran & Rebecca Mdivanian
Jan White
Douglas Woyton
Jonathan Young

THANK YOU!